



ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00	PRANA SCULPT	H.E.A.T.		H.E.A.T.			
9.00		PILATES IN SOSPENSIONE	H.E.A.T.	PILATES	H.E.A.T.		
9.15						VINYASA YOGA H.E.A.T.	
9.30						PILATES IN SOSPENSIONE	
10.00							INDOOR CYCLING
10.30						INDOOR CYCLING BODYPUMP + CORE	SPECIAL SUNDAY
11.15							H.E.A.T.
13.10	FUNZIONALE	YIN YOGA RICOSTITUENTE LES MILLS CORE	BODYCOMBAT	VINYASA YOGA BODYPUMP	GAG		
13.30	H.E.A.T.		H.E.A.T.		INDOOR CYCLING		
17:00			H.E.A.T.				
17.15	PRANA SCULPT		PILATES IN SOSPENSIONE	PRANA SCULPT	PILATES IN SOSPENSIONE		
17.30		H.E.A.T. PILATES YOGA AEREO		H.E.A.T. YOGA AEREO			
17.45	POSTURALE						
18.00	H.E.A.T. BODYCOMBAT CALISTHENICS		H.E.A.T. POSTURALE CALISTHENICS	PILATES	H.E.A.T. ATTACK POSTURALE CALISTHENICS		
18.15		FUNZIONALE					
18.30	POSTURALE	INDOOR CYCLING YIN YOGA RICOSTITUENTE		INDOOR CYCLING YIN YOGA RICOSTITUENTE			
18.45	BODYPUMP		BODYPUMP	GAG	POSTURALE		
19.00	H.E.A.T.	GAG CALISTHENICS	INDOOR CYCLING	CALISTHENICS	INDOOR CYCLING BODYPUMP		
19.30	VINYASA YOGA	YOGA INTEGRALE	VINYASA YOGA	YOGA AEREO	YIN YOGA RICOSTITUENTE		
19.45		H.E.A.T. PILATES IN SOSPENSIONE		H.E.A.T. PILATES			
20.00	INDOOR CYCLING						
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"